

	CYCLE MENU 4	* Denotes lower Calorie Option			CYCLE MENU 4
	Breakfast	Lunch	Speed Line/Pasta Bar	Dinner	Pastry bar
M	Low fat Yogurt 3 Types Eggs to order/Soft , Hard Cooked Eggs Omelets to order	Cream of Mushroom Soup Chicken Gravy *Roast Pork Lion Corned Beef Brisket	Hamburger/Cheeseburger Beef Hot Dogs Mozzarella sticks Turkey Burger	USCG Bean Soup Brown Gravy Jager Schnitzel w/bohemian mushroom sauce *Cajun Cornish Hens	Breakfast Pastry Danish with Cherry Filling Glazed Doughnuts Blueberry Muffins
O	Oven Fried Bacon Breakfast Steak Creamed Beef Biscuits	Steamed Rice Steamed Red Potatoes *Whole Kernel Corn	Grilled Cheese Sandwich Condiments Sandwich Bar	Steamed Rice Old Bay Potatoes	Lunch Pastry Coconut cake Chocolate Cake
N	Ham, Cheese & Egg Sandwich Hash Brown Potatoes	Southern Style Green Beans Steamed Cabbage Sweet Corn Bread	Potato Chips/Doritos Chili Con Carne Baked Beans	Deluxe stir fry vegetables Buttered Carrots *Sweet Snap Peas	Strawberry Cream Pie Hot blueberryCobbler
D	Waffles/Pancakes/French Toast Maple and Strawberry syrup	Hot White/Wheat Rolls Asst Breads Lunch Coffee/Reg/Decaf/Asst	Soup of the Day French Fries Onion rings Tuna Salad	Hot White/Wheat Rolls Asst Bread Dinner Coffee/Reg/Decaf/Asst	Brownies Sugar Cookies
A	Hominy Grits/Oatmeal Asst Cereals	Orange Juice,Fruit Juices L/D Iced Tea Asst Carbonated Beverages	*PotatoBar Bacon Bits Cheese Butter	Asst Fresh Fruits Salad Bar Asst Dressings	*Strawberry Jello Tapioca Pudding
Y	Asst Breakfast Breads Bagels, Plain, Onion, Blueberry Croissants, Coffee/Reg/Decaf/Asst Hot Teas/Cocoa Asst Fruit Juices Breakfast Iced Tea Asst Carbonated Beverages Milk, Skim, 2%, Whole, and Chocolate Bananas, Pears, Watermelons slices Raisins Condiments/Spreads	Asst Fresh Fruits Salad Bar Asst Dressings	Sour Cream Chives Salsa Chili Grilled Mushrooms		Soft Serve Vanilla/Chocolate Ice Cream toppings
T	Low fat Yogurt 3 types Eggs to order/Soft, Hard Cooked Eggs Omelets to order Grilled Italian Sausage Oven Fried Bacon	Chicken Noodle Soup Natural Pan Gravy Meat Loaf *Blackened Chicken Breast Rice Pilaf	Hamburger/Cheeseburger Beef Hot Dogs Philly Cheese Steak Grilled chicken sandwich	Beef Vegetable Soup Salisbury Steak Brown Gravy Pork Cacciatore Mashed Potatoes	Breakfast Pastry Jelly Doughnuts Coffee Cake Apple Turn over
U	Creamed Beef Biscuits	Oven Browned Potatoes Steamed green beans Louisiana Style Squash *Corn and peppers	Grilled Cheese Sandwich Condiments Sandwich Bar	Rice Pilaf *Brussels Sprouts Green Peas and mushrooms *Mediterranean Vegetables	Lunch Pastry Carrot Cake White cake with frosting Chocolate Cream Pie
E	Sausage, Egg and Cheese Sandwich Waffles/Pancakes/French Toast	Hot White/Wheat Rolls Asst Breads Lunch Coffee/Reg/Decaf/Asst	Baked Beans Soup of the Day French Fries Onion rings Chicken Salad	Hot White/Wheat Rolls Asst Bread Dinner Coffee/Reg/Decaf/Asst	Apple pie Choc. Chip Cookies *Orange Jello
S	Maple and Blueberry Syrup Hominy Grits/Oatmeal	Orange Juice,Fruit Juices L/D Iced Tea Asst Carbonated Beverages	PotatoBar Bacon Bits Cheese Butter	Orange Juice,Fruit Juices L/D Iced Tea Asst Carbonated Beverages	**NY Style Cheese Cake Soft Serve Vanilla/Chocolate Ice Cream Toppings
D	Asst Cereals Bagels, Plain, Onion, Raisin Croissant	Asst Fresh Fruits Salad Bar Asst Dressings	Sour Cream Chives Salsa Chili Steamed Broccoli	Asst Fresh Fruits Salad Bar Asst Dressings	
A	Coffee/Reg/Decaf/Asst Hot Teas/Cocoa Asst Fruit Juices Breakfast Iced Tea Asst Carbonated Beverages Milk, Skim, 2%, Whole, and Chocolate Bananas, Apple, Canteloupe Raisins Condiments/Spreads				
Y					
W	Asst Yogurt 3 types Eggs to order/Soft, Hard Cooked Eggs Omelets to order Oven Fried Bacon Corned Beef Hash	Broccoli and Cheese Soup Vegetable Gravy *Baked Fish Roasted beef Macaroni and cheese	Hamburger/Cheeseburger Beef Hot Dogs Buffalo Wings Yorktown Club on Sub	Soup of the day Brown Gravy Fried Chicken Beef Lasagna Garlic bread	Breakfast Pastry Cinnamon Sugar Doughnuts Apple Muffin Cinnamon twist
E	Cream Beef Biscuits	Steamed Rice *Broccoli Combo	Grilled Cheese Sandwich Condiments Sandwich Bar	Steamed Rice Mashed Potatoes Daddy's fried corn and onions	Lunch Pastry Marble Cake German Choc Cake Pineapple upside down cake
D	Canadian Bacon, Egg, & Cheese English Muffin Hash Brown Potatoes	Deep Fried Cauliflower Sautéed Zucchini/Squash Hot White/Wheat Rolls	Potato Chips/Doritos Chili Con Carne Baked Beans	Green Beans Oriental Stir Fry Hot White/Wheat Rolls	Coconut cream pie Fruit Cocktail
N	Waffles/Pancakes /French Toast Maple and Strawberry Syrup	Asst Breads Lunch Coffee/Reg/Decaf/Asst	Soup of the Day French Fries Onion rings Turkey Salad	Asst Bread Dinner Coffee/Reg/Decaf/Asst	Bread Pudding w/ raisin sauce Apple turnovers Chocolate Chip cookies
E	Hominy Grits/Oatmeal Asst Cereals	Orange Juice,Fruit Juices L/D Iced Tea Asst Carbonated Beverages	Potato Bar Bacon Bits Cheese Butter	Orange Juice,Fruit Juices L/D Iced Tea Asst Carbonated Beverages	Soft Serve Vanilla/Chocolate Ice Cream Toppings
S	Asst Breakfast Breads Bagels: Plain, Cinn and Raisin ,Blueberry Croissants,	Asst Fresh Fruits Salad Bar Asst Dressings	Sour Cream Chives Salsa Chili Grilled Mushrooms	Asst Fresh Fruits Salad Bar Asst Dressings	
D	Coffee/Reg/Decaf/Asst Hot tea/Cocoa Asst Fruit Juices Breakfast Iced Tea Asst Carbonated Beverages Milk, Skim, 2%, Whole, and Chocolate Bananas, orange, honeydew melon RaisinsCondiments/Spreads				
A					
Y					

<p>T</p> <p>H</p> <p>U</p> <p>R</p> <p>S</p> <p>D</p> <p>A</p> <p>Y</p>	<p>Asst Yogurt 3 types Eggs to order/Soft, Hard Cooked Eggs Omelets to order Oven Fried Bacon Sausage patties Cream Beef Biscuits</p> <p>Sausage, Egg, and Cheese biscuit</p> <p>Hash Brown Potatoes Waffles/Pancakes /French Toast Maple and Blueberry Syrup</p> <p>Hominy Grits/Oatmeal Asst Cereals</p> <p>Asst Breakfast Breads Bagels: Plain, Onion ,Blueberry</p> <p>Croissants, Coffee/Reg/Decaf/Asst Hot tea/Cocoa</p> <p>Asst Fruit Juices Breakfast Iced Tea Asst Carbonated Beverages Milk, Skim, 2%, Whole, and Chocolate Bananas, Apples, Kiwi, Raisins Condiments/Spreads</p>	<p>Chunky Vegetable Soup</p> <p>Brown Gravy 5 oz Grilled ham steak with pineapple glazed *Stuffed Chicken Breast Wild Rice Mashed Potatoes Sesame String Beans Steamed Cauliflower Simmered Corn and Sausage Hot Biscuits Asst Breads Lunch Coffee/Reg/Decaf/Asst Orange Juice,Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings</p>	<p>Hamburger/Cheeseburger Beef Hot Dogs Italian Sausage Sandwich Cheese Pizza</p> <p>Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Chicken Sandwich Baked Beans Soup of the Day French Fries Onion rings Tuna Salad</p> <p>Potato Bar Bacon Bits Cheese Butter Sour Cream Chives Salsa Chili Steamed Broccoli</p>	<p>Chicken Rice Soup</p> <p>Grilled Pork chop with apples *Roasted Turkey Candied Sweet Potatoes Corn Bread dressing Simmered Black-eyed Peas Sautéed Cabbage * Steamed Broccoli Hot White/Wheat Rolls Asst Bread Dinner Coffee/Reg/Decaf/Asst Orange Juice,Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings</p>	<p>Breakfast Pastry</p> <p>Cranberry Muffins Caked Doughnuts Peach Kolaches</p> <p>Lunch Pastry</p> <p>Pound Cake with topping Chocolate cake w/icing Yorktown parfait Pecan Pie Sugar Cookies Rice pudding Peanut butter Cookies Cherry Jello with whipped topping Soft Serve Vanilla/Chocolate Ice Cream Toppings</p>
<p>F</p> <p>R</p> <p>I</p> <p>D</p> <p>A</p> <p>Y</p>	<p>Asst Yogurt 3 types Eggs to order/Soft, Hard Cooked Eggs Omelets to order Oven Fried Bacon Breakfast Steak Cream Beef Biscuits</p> <p>Bacon, Egg and Cheese Sandwich Home Fried Potatoes</p> <p>Waffles/Pancakes /French Toast Hot Maple and Strawberry Syrup</p> <p>Hominy Grits/Oatmeal Asst Cereals</p> <p>Asst Breakfast Breads Bagels: Plain, Onion ,Blueberry Croissants Coffee/Reg/Decaf/Asst Hot tea/Cocoa Asst Fruit Juices Breakfast Iced Tea Asst Carbonated Beverages Milk, Skim, 2%, Whole, and Chocolate Bananas, Strawberries, Pears Raisins Condiments/Spreads</p>	<p>New England Clam Chowder</p> <p>Brown Gravy *Baked Salmon Yankee Pot Roast Mashed potatoes Three Cheese Macaroni Boiled Carrots Seasoned Green Beans Green Peas and carrots Hot White/Wheat Rolls Asst Breads Lunch Coffee/Reg/Decaf/Asst Orange Juice,Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings</p>	<p>Hamburger/Cheeseburger Beef Hot Dogs Burritos Mushroom Swiss Burger</p> <p>Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion rings Seafood Salad</p> <p>Potato Bar Bacon Bits Cheese Butter Sour Cream Chives Salsa Chili Grilled Mushrooms</p>	<p>Tomato Soup</p> <p>Chicken Gravy Chicken Fried Steak *Lemon Baked Fish Mashed potatoes Vegetable fried Rice Chinese Fried Cabbage Sautéed Marinated Veg Asparagus Hot White/Wheat Rolls Asst Bread Dinner Coffee/Reg/Decaf/Asst Orange Juice,Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings</p>	<p>Breakfast Pastry</p> <p>Glazed Doughnuts Cinnamon Rolls Raisin Muffins</p> <p>Lunch Pastry</p> <p>Chocolate cake w/ icing Strawberry short cake Boston cream pie Chocolate chip pecan cookies Orange Jello Chocolate pudding Hot Bread Pudding</p> <p>Soft Serve Vanilla/Chocolate Ice Cream Toppings</p>
<p>S</p> <p>A</p> <p>T</p> <p>U</p> <p>R</p> <p>D</p> <p>A</p> <p>Y</p>	<p>Asst Yogurt 3 types Eggs to order/Soft, Hard Cooked Eggs Omelets to order Oven Fried Bacon Ham Slice Cream Beef Biscuits</p> <p>Breakfast Burrito</p> <p>Hash Brown Potatoes Waffles/Pancakes /French Toast Hot Maple and Blueberry Syrup</p> <p>Hominy Grits/Oatmeal Asst Cereals</p> <p>Asst Breakfast Breads Bagels: Plain, Cinn and raisin ,Blueberry</p> <p>Croissants coffee Reg/Decaf/Asst Hot tea/Cocoa</p> <p>Asst Fruit Juices Breakfast Iced Tea Asst Carbonated Beverages Milk, Skim, 2%, Whole, and Chocolate Bananas, Oranges, Pineapple, Raisins Condiments/Spreads</p>	<p>Creamy ChickenVegetable Soup</p> <p>Cream Gravy Chicken Adobo *BBQ Spareribs Egg noodles Broccoli & Cheese Rice Lima beans Sautéed Squash Herbed Green Beans White/Wheat Rolls Asst Breads Lunch Coffee/Reg/Decaf/Asst Orange Juice,Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings</p>	<p>Hamburger/Cheeseburger Beef Hot Dogs BBQ Pork Sandwich</p> <p>Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion rings Chicken Salad</p> <p>Potato Bar Bacon Bits Cheese Butter Sour Cream Chives Salsa Chili Steamed Broccoli</p>	<p>Soup of the day</p> <p>Spaghetti w/ Meat sauce Baked Pork chops Gravy Garlic Bread Rice Parsley Boiled Potates Succotash StewedTomatoes Buttered Corn Hot White/Wheat Rolls Asst Bread Dinner Coffee/Reg/Decaf/Asst Orange Juice,Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings</p>	<p>Breakfast Pastry</p> <p>Blueberry Muffins Quick Coffee Cake Sugar donuts</p> <p>Lunch Pastry</p> <p>German Chocolate cake Yellow cake w/ choc icing Walnut Pie Apple pie Choc chip cookies Oatmeal cookies Cherry Jello Vanilla pudding</p> <p>Soft Serve Vanilla/Chocolate Ice Cream Toppings</p>

Volume 1 – Factor 1
WSI Cycle Menu 4

Training Center Yorktown
Solicitation No. HSCG84-05-R-AA5112

S	Asst Yogurt 3 types	Jambalaya Soup	Hamburger/Cheeseburger	Soup of the Day	Breakfast Pastry
	Eggs to order/Soft, Hard Cooked Eggs	Brown Gravy	Beef Hot Dogs	Brown Gravy	Pecan Rolls
U	Omelets to order	*Grilled strip steak	Italian Sub	*Fried Grouper fillet	Apple Kolaches
	Oven Fried Bacon	Blackened Chicken Pasta	Grilled Cheese	Turkey Tetrassani	Banana Nut Bread
N	Sausage links	*Red Beans and Rice	Sandwich Condiments	Mashed Potatoes	
	Cream Beef	Scalloped Potatoes	Sandwich Bar	Steamed Rice	Lunch Pastry
D	Biscuits	French Fried Cauliflower	Potato Chips/Doritos	Vegetable Stir Fry	Sock It to Me Cake
	Bacon, Egg, and Cheese English Muffin	*Steamed Carrots	Chili Con Carne	*Steamed broccoli	Devil's Food Cake
A	Hash Brown Potatoes	Sweet and Sour Greens	Chicken Strips	Corn combo	Cherry Pie
	Waffles/Pancakes / Stuffed French Toast	White/Wheat Rolls	Baked Beans	Hot White/Wheat Rolls	Key lime pie
Y	Hot Maple and Strawberry Syrup	Asst Breads Lunch	Soup of the Day	Asst Bread Dinner	Choc Pudding
	Hominy Grits/Oatmeal	Coffee/Reg/Decaf/Asst	French Fries	Coffee/Reg/Decaf/Asst	*Orange Jello
	Asst Cereals	Orange Juice,Fruit Juices L/D	Onion rings	Orange Juice,Fruit Juices L/D	Coconut cookies
	Asst Breakfast Breads	Iced Tea	Egg Salad	Iced Tea	Sugar Cookies
	Bagels: Plain, Onion ,Blueberry	Asst Carbonated Beverages	Potato Bar	Asst Carbonated Beverages	**Chocolate cheese cake
	Croissants	Asst Fresh Fruits	Bacon Bits	Asst Fresh Fruits	Soft Serve
	Coffee/Reg/Decaf/Asst Hot tea/Cocoa	Salad Bar	Cheese	Salad Bar	Vanilla/Chocolate
	Asst Fruit Juices Breakfast	Asst Dressings	Butter	Asst Dressings	Ice Cream Toppings
	Iced Tea	Macaroni Salad	Sour Cream		
	Asst Carbonated Beverages Milk, Skim, 2%, Whole, and Chocolate	Tomato Cucumber Salad	Chives		
	Bananas, pears, Canteloupe		Salsa		
	Raisins		Chili		
	Condiments/Spreads		Grilled Mushrooms		